

FROM AUSTRALIA TO THE STATES this *Pretty Little Liars* star has made strides in both her roles and daily life. She's done the research, excelled at playing a blind woman, given birth to daughter Phoenix and still manages to look fantastic— *how?* Mini got all the details, from her mom uniform to calming mantras and everything in between.

TAMMIN SURSOK

MOMMY SUPERSTAR

The *Pretty Little Liars* star takes on the new (and tiring!) role of Mom

INTERVIEW BY KAITLYN KIRBY AND KRISTEN TRACY

RIGHT Sursok welcomed baby Phoenix Emmanuel in October 2013.

TAMMIN SAYS

Tammin shares a peek into her every day routine with Mini



GUILTY PLEASURE

Tammin shares her guilty pleasure is definitely "cheese."



MORNING

Daily: "Get the baby up, make breakfast and coffee, coffee, coffee."



IN MY BAG

In Tammin's baby bag, you'll find Popchips, diapers, a pacifier, bottles and a hat.

MINI | You have a lot going on in your life with all your acting roles, how has that changed since Phoenix was born?

TAMMIN SORSOK | It may sound like a cliché, but it's all true. It's about balance. My daughter means everything to me, but I also love my work. And it has taken very specific attention to strike that balance. I am also quite fortunate in that I have a set up which allows me to bring Phoenix to work on certain days. There is nothing more rewarding than doing a scene with this talented cast and then immediately seeing my daughter's smiling face.

MINI | How do you balance your time between all of your other commitments?

TAMMIN SORSOK | Take everything one day at a time, breathe deeply. It's all about teamwork in our household.

MINI | What is something no one could have prepared you for when it comes to parenting?

TAMMIN SORSOK | Everyone said you would be tired— oh my goodness. It's amazing what the body can adapt to (as far as lack of sleep). But I must say, it's all worth it. Every second of

it. I was also surprised by how deeply you fall in love with your child as early as their first breath.

MINI | You always manage to look so fantastic! What are your simple steps to great style?

TAMMIN SORSOK | I was very lucky to have discovered the Paleta meal delivery service. The food is incredible and they tailored it to my dietary needs. I drink a ton of water and I love green juices! I also always take my makeup off after work.

MINI | What are your favorite pieces to dress Phoenix in right now and this summer?

TAMMIN SORSOK | Cute little light onesies, cute little denim dresses. The shoes are the best part. Everything looks so much cuter [Mini!]. I love to shop at speciality stores in Los Angeles, Bel Bambini and Eggy. We try to do as much organic as possible, even her clothes.

MINI | What do you love most about being a mom?

TAMMIN SORSOK | No matter what, as hard as a day might be, as soon as my daughter looks at me and smiles, nothing else matters. She is my everything.